

three friends AND A DOG



Three Friends and a Dog

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Emma's heart is full of joy! She has just been baptized and loves Jesus so much that she is bursting with happiness and can't wait to share the joy in her heart with her friends. She loves Jesus so much that she can't keep it to herself. She just has to share the good news with her friends. Her mom and dad are grinning with joy, too!

Emma invited her two neighborhood friends to come watch her baptism. Can you imagine how brave that was? It was their very first time in a Seventh-day Adventist church, and Emma was secretly whispering to God, "Please, please let them want to come back so we can sing songs, learn more about Jesus, and—ooh—maybe share cookies at potluck!"





Get ready to tag along with Emma, Olivia, and Caleb! Caleb is curious about what happens in Sabbath School — are there crafts? Games? Maybe snacks? You can almost hear Caleb's tummy growling! What about you? If you were visiting a new church, what would you be most excited to see?

Olivia, on the other hand, can't figure out why everyone is so excited about something called haystacks. And they want to eat it too!

As they step into this new world, you'll discover right along with them that Adventists have some different-sounding words, fun traditions, and a super-special way of worshipping God together.

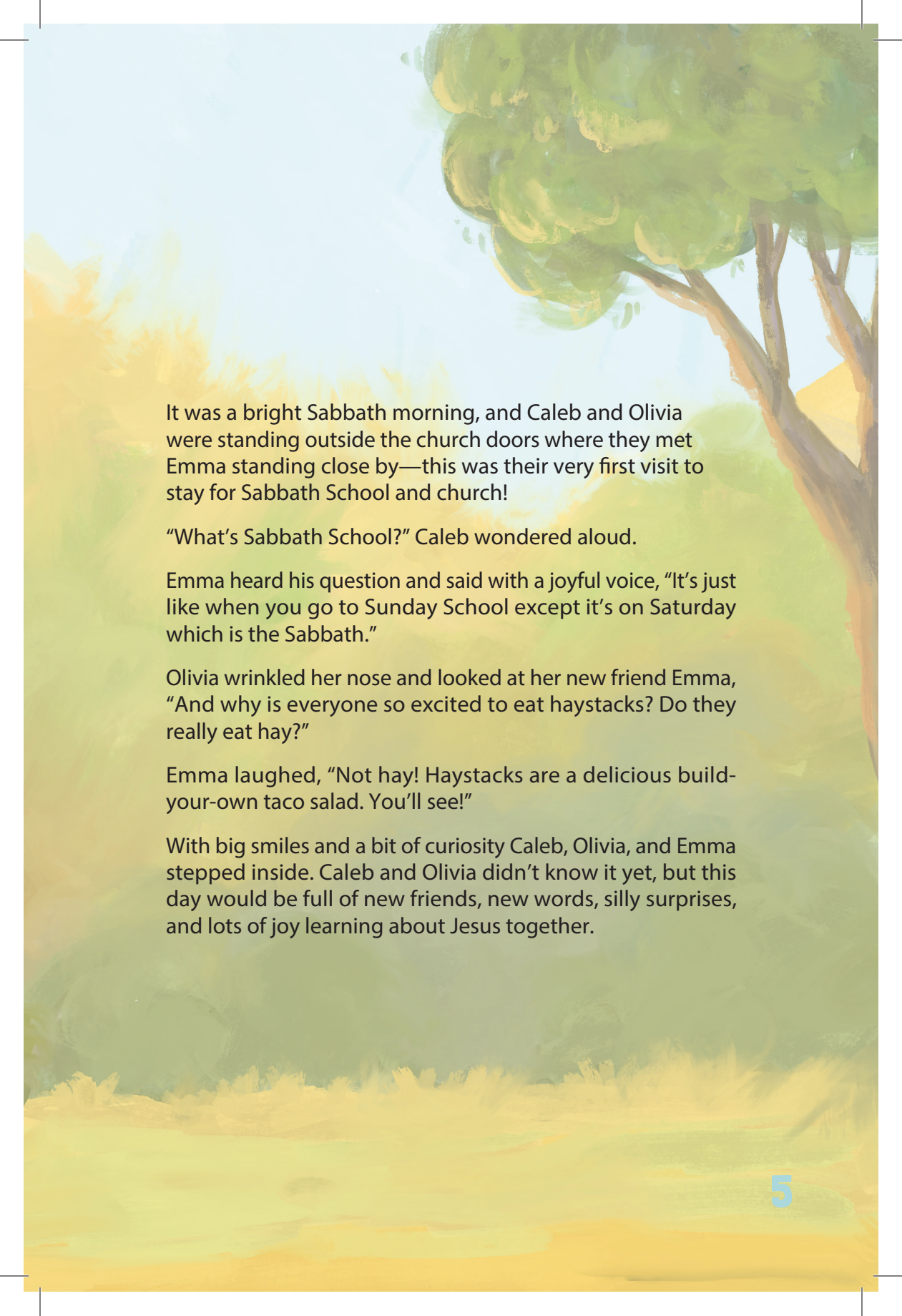
God's family is full of love and you're part of it too! So buckle up, because you might find yourself giggling, learning, and smiling

as you follow Caleb, Olivia, and Emma on their very first Sabbath adventure together!

Wait! I almost forgot Rufus! Rufus is a big floppy dog that belongs to Emma and follows her everywhere... well... everywhere that Mom lets Emma take him!







It was a bright Sabbath morning, and Caleb and Olivia were standing outside the church doors where they met Emma standing close by—this was their very first visit to stay for Sabbath School and church!

“What’s Sabbath School?” Caleb wondered aloud.

Emma heard his question and said with a joyful voice, “It’s just like when you go to Sunday School except it’s on Saturday which is the Sabbath.”

Olivia wrinkled her nose and looked at her new friend Emma, “And why is everyone so excited to eat haystacks? Do they really eat hay?”

Emma laughed, “Not hay! Haystacks are a delicious build-your-own taco salad. You’ll see!”

With big smiles and a bit of curiosity Caleb, Olivia, and Emma stepped inside. Caleb and Olivia didn’t know it yet, but this day would be full of new friends, new words, silly surprises, and lots of joy learning about Jesus together.

Sabbath

As Caleb, Olivia, and Emma step into the foyer of the church, a friendly lady approaches them and shakes their hands. "Happy Sabbath! Do you need directions to your Sabbath School room?"

Emma speaks up, "I'll show them where to go! And happy Sabbath to you too!"

Caleb and Olivia look at each other with confusion and curiosity. Caleb leans over and whispers to Emma, "Why did you say, 'Happy Sabbath'? What is that all about?"

Olivia shakes her head in agreement and says, "Yeah, what does that mean?"

Emma begins to explain to Caleb and Olivia why she said, "Happy Sabbath" and shares about the joy of the Sabbath day.

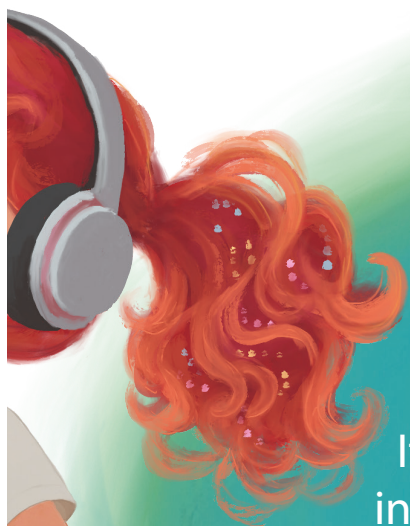
Just like the days of Creation, which started with "evening," the Sabbath goes from sunset on Friday night to sunset on Saturday night.

Genesis 2:3 says, "Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done."

"Sabbath is the birthday of the world's rest! God made the earth in 6 days, and on the 7th day He rested." (Genesis 2:2-3)

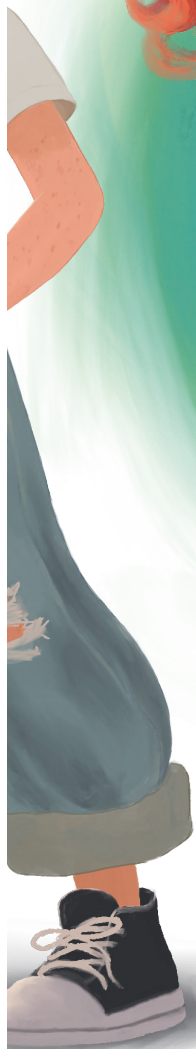
"The Sabbath day is the same day everywhere. No matter where you go in the world, the Sabbath starts Friday at sunset and ends Saturday at sunset."





Foyer

It's the space right
inside the front door
of a big building
or house where
visitors first arrive.



Fun Facts

Did You Know?

God reminded the Israelites about the Sabbath more than 2,000 times while they lived in the wilderness! For 40 years He sent manna every day except Sabbath (Exodus 16:22–30).

What is manna, you ask? Look up the scripture verse and read it or have someone read it to you. We are going to come back to manna... keep reading!

- Genesis 2:2-3 says, "By the seventh day God finished the work he had been doing. So by the end of the sixth day he rested from all his work. God blessed the seventh day and made it a holy day." (IBC)
- The word Sabbath means rest. The Hebrew word for Sabbath is Shabbat. Shabbat means to stop, rest, and celebrate! So this Sabbath, STOP, and put your homework away, rest your mind, and celebrate Jesus by saying "Happy Sabbath" to your friends at church.

Why say "Happy Sabbath"? Because the Sabbath is a happy day to spend with your family, your friends, and with Jesus!



Scripture Activity

Look up and read Exodus 16:21. This is the verse about manna... it's a good one!

Do this: (all you need is one piece of white paper)

1. Tear a piece of white paper into small squares big enough to write a word on. Ready? Write each word of the verse on a different piece of your small torn white paper. You may need to tear another piece of paper.
2. Scrunch each white piece of paper to look like popcorn and toss them onto your floor.
3. As you gather them back up, unwrap the pieces of paper and arrange the scripture verses in order.



Sabbath School

"Look, Caleb and Olivia!" Emma said excitedly, her eyes shining. "This is the Sabbath School classroom for our age. Let's go in together!"

Emma reached out and held the door open wide for her two best friends. Caleb peeked in first, then Olivia. Together, they stepped into the bright, cheerful room.

The two of them stood still, almost frozen with surprise. Do you know what they saw?

They saw children clapping, singing, and moving their hands in fun motions! The song filled the whole room with joy.

Caleb whispered to Olivia, "Wow... they all know the words. And the actions too!"

"It looks fun... but... what if we don't know what to do?" whispered Olivia in a worried voice.

Just then, the door greeter welcomed them in with a big smile. "Come on in, you can join us! Just watch the others and follow along. You'll catch on quickly."

Emma gave Caleb and Olivia an encouraging nod. She whispered, "Don't worry. Let's try it together."

So the three friends took a deep breath and stepped forward. Their hands started clapping with the music. Before long... they were singing too!

Caleb laughed, "Hey! I know this song! It's about Jesus' love." "I don't even feel shy anymore. This is fun!" said Olivia.

Emma grinned and whispered to her friends, "Sabbath School is a place where everyone can join in—no matter if it's your first time or your hundredth! We all learn about Jesus together."

And from that day on, Caleb and Olivia knew something special: Sabbath School wasn't just a classroom. It was a place filled with songs, friends, and the joy of learning more about Jesus.



Fun Facts

Did You Know?

Sabbath School is worldwide. On Sabbath morning, millions of children just like you are in Sabbath School too—every continent, every country! You are part of God's family. When you go to Sabbath School, you're joining God's family all over the world in worship and knowing Jesus.

Sabbath School is for everyone! Even the babies!

Babies: Birth–12 months

Beginners: 1–3 years old

Kindergarten: 4–6 years old

Primary: 7–9 years old

Juniors: 10–12 years old

Teens: 13–14 years old

Scripture Activity

"Have you ever felt shy walking into a new place? What gave you the courage to step inside the door?"

Think about this! Look up and read Isaiah 41:10
(ICB). Wow! God said not to worry!

Draw a picture of yourself being strong and brave, and tape it to your mirror; or draw on this page and come back to it often to remind yourself that you are strong and brave!

This ... is who you are! God is with you and loves you!

Church Service

After Sabbath School, Emma, Caleb, and Olivia walked together into the church sanctuary. Sunlight streamed through the stained-glass windows, and music filled the room.



Olivia, with wonder in her voice, said, "This place is amazing! I've never been inside a church before."

Caleb nodded, "I've been in church lots of times... like Christmas and Easter. But not on Saturday."

Emma smiled and said, "We come on Sabbath, the day God made holy. That's because I grew up in a Seventh-day Adventist Church."

The organ played, and the congregation stood to sing a hymn.

Caleb tugged on Emma's arm, "Oh, this part looks familiar! We sang hymns and praise music in my church, too."

Olivia whispered, "I don't know the words... and there aren't any hand motions like in Sabbath School!"

Emma whispered back, "That's okay. These are hymns—songs that are like prayers. You can listen or hum along. God loves it when we try."

After the hymn, the pastor prayed and everyone bowed their heads.

Olivia peeked around with a startled look, "Why are their eyes closed? Can God only hear us with our eyes shut?"

Emma started to giggle, "God hears us no matter what. Closing our eyes just helps us pay attention to Him."

Sanctuary

A church sanctuary is the big, special room in a church where people come together to worship God. It's kind of like the "living room" of the church family—where everyone gathers to sing, pray, listen to stories from the Bible, and feel close to Jesus.